



## Epistaxis ( Nosebleed) Instructions

- Mix a solution of 16 ounces of boiled water and one half teaspoon of salt. Allow to cool, cover and use as follows:
- OR use Ocean spray or Neilmed sinus rinse
- Irrigate nose with salt water solution twice per day using a bulbsyringe (this can be purchased at your local pharmacy).
- Use Vaseline (petroleum jelly)/ antibiotic ointment twice per day with a cotton swab after irrigation.
- Buy a cool/**warm** humidifier from your local pharmacy and use it at night.
- If bleeding begins, pinch nose and hold for 5 mins.
- Breathe through your mouth.
- **If bleeding does not stop, go to your nearest Urgent Care facility or Emergency Room.**
- If your nose is packed, it will stay in for 3-5 days. Once removed, start steps 1-5
- **DO NOT** blow your nose for at least two weeks.  
If you sneeze, make sure you keep your mouth open.